

# Father Leo Patalinghug

**“The Family that eats together, stays together!”**

**Sponsored by the Delaware Beef Advisory Board and the  
Fruit and Vegetable Growers of Delaware.**



On July 26, Father Leo provided fair visitors with eclectic flight of culinary fusion as he used his excellent culinary skills to further his movement, *Grace Before Meals*.

Father Leo believes that families should come together by sharing meals at the dinner table. He believes that the family that eats together stays together. Father Leo often cites research that indicates that children of families who eat together are less likely to abuse drugs and alcohol as teenagers.

His firm belief in families strengthening their bonds by creating and sharing meals together led him to found the movement known as *Grace Before Meals*. The movement is recognized worldwide and he travels extensively promoting family meals and meal preparation through culinary demonstrations.

Cooking is something that Father Leo learned from his mother as he grew up in a Filipino-American household in Baltimore, MD. Today, Father Leo is a priest at Mount St. Mary's Seminary in Emmitsburg, MD; his personal style is fusion cooking, i.e., combining the many flavors of cultures or countries honed through his years at a seminary in Rome and others endeavors. His website and blog ([www.gracebeforemeals.com](http://www.gracebeforemeals.com)) is full of wonderful “food for the soul” recipes to help families prepare meals together.



**Father Leo began his demonstrations with a lively discussion with his audiences. Many of them traveled to the Fair just to see him.**





Ever the teacher, Father Leo involved young people from the audience in all of his demonstrations.





## Grilled Delaware Flank Steak with Blueberry Coulis

2 lbs. flank steak  
3-4 tbs extra virgin olive oil  
½ tsp kosher salt  
½ tsp black pepper

Grill flank steak 7 minutes, then turn and grill for an additional 7 minutes. Allow meat to rest for 7 minutes prior to finishing with blueberry coulis.

*Father Leo piercing the steak with a knife to make it “holey.” Get it?*

### Blueberry Coulis Sauce:

½ cup fresh Delaware blueberries  
2 tsp white wine vinegar  
½ tsp garlic powder  
½ tsp kosher salt  
½ tsp black pepper  
1 tbs hot sauce

Blend all ingredients in a blender; pour over grilled meat.





## Pasta “A-Maize-ing” (Fusilli Pasta with Grilled Sweet Corn, Blistered Tomatoes & Feta Cream Sauce)

1 box fusilli pasta (pre-cooked al dente)  
2 ears Delaware corn, husked, cleaned and removed from cob  
1 cup Delaware cherry tomatoes  
1 cup feta cheese, crumbled  
1 cup of heavy cream  
1 tbs extra virgin olive oil  
1 tbs salted butter  
1 clove of fresh Delaware garlic  
1 ½ tps kosher salt and black pepper  
½ cup sherry wine (not cooking wine; Taylor Dry Sherry is recommended)  
1 bunch fresh Delaware basil



Mix all ingredients together in a large, pre-heated pan, adding the pasta last. Heat for 10-15 minutes and serve.



## Minty Sweet & Sour Melons

- 1 small Delaware grown watermelon (seedless)
- 1 Delaware cantaloupe
- 1 Delaware honeydew melon
- 1 cup fresh Delaware strawberries
- 4 lemons (juiced)
- 2 cups pure cane sugar
- 1 bunch fresh Delaware mint leaves

Cut up all fruit into small pieces. Mix all ingredients, including the fruit section, together in a large bowl and serve immediately. Garnish with mint leaves.

